

Tai Chi Made EZ

"Relax...have fun...get fit...the easy, gentle way." Simple, smooth, circular movements are designed to stretch, limber, tone and strengthen the body. Includes special training in stress reduction and pain management through breathing techniques, acupuncture, mindfulness training, chi kung postures and moving meditation. Benefits circulation, balance and posture. Boosts immune system, improves focus, coordination and concentration. Relaxes mind, body and spirit. The best thing about this style of Tai Chi is that everyone can do it. No previous experience necessary.

Location: Conference Room, Adorni Center

Day: Thursdays

Time: 12pm – 1:30pm

<u>Session</u>	<u>Dates</u>	<u>Fees</u>
1	January 7—28	\$48
2	February 4—25	\$48
3	March 4—25	\$48
4	April 1—29	\$60
5	May 6—27	\$48
6	June 3—24	\$48

Drop-in Fee: \$15 (first class of each session)

Age: 10 & older

Class Size: 3 to 15

Instructor: Glenda Hesseltine

